

Herbed Broccoli and Cauliflower Polonaise

Meal Components: Vegetable - Dark Green, Vegetable - Other

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Trans fat-free margarine	8 oz	1 cup	1 lb	2 cups	1. Heat margarine in a stock pot until browned. 2. Turn off heat and add lemon juice. 3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.
Lemon juice		1/4 cup		1/2 cup	
*Fresh onions, diced 1/4"	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Grated parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups	

Frozen broccoli spears	6 lb 4 oz	12 lb 8 oz	<p>4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 ½"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. CCP: Heat to 140° F or higher. Drain water from pans.</p>
Frozen cauliflower	6 lb 4 oz	12 lb 8 oz	<p>5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.</p> <p>7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).</p>

Notes

Comments:

*See Marketing Guide.

Special Tip:

For best results, use perforated pans to steam vegetables.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	6 oz	12 oz

Serving	Yield	Volume
1/2 cup (no. 8 scoop) provides 1/4 cup dark green vegetable and other vegetable.	50 Servings: about 12 lb 11 oz 100 Servings: about 25 lb 6 oz	50 Servings: about 1 gallon 2 ¼ quarts 100 Servings: about 3 gallons 2 cups